

WHAT IS CLAIMED IS

1. A composition for protecting skin comprising sphingomyelin as an active ingredient.
- 5 2. Use of the composition according to claim 1 for inhibiting a skin aging.
3. Use of the composition according to claim 1 for inhibiting a skin photoaging.
4. Use of the composition according to claim 1 for curing a wound.
- 10 5. Use of the composition according to claim 1 for improving a skin barrier function.
6. The use according to claim 5, wherein the use is one for rapidly repairing a damaged skin barrier.
- 15 7. Use of the composition according to claim 1 for treating an atopic skin.
8. Use of the composition according to claim 1 for improving an itchy skin.
- 20 9. Use of the composition according to claim 1 for improving a softness of skin.

10. Use of the composition according to claim 1 for preventing rough and scaly skin formation.

11. The composition according to claim 1, wherein the sphingomyelin is derived from milk or an egg.

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12. The composition according to claim 1, wherein the sphingomyelin is hydrogenated sphingomyelin.

13. The composition according to claim 1, wherein the composition is a
10 composition for oral administration or topical application.